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(54) Title: **BLOOD GLUCOSE REGULATING COMPOSITION**

(57) **Abstract:** The invention provides the use of a whey protein hydrolysate in an edible composition the whey protein hydrolysate being able to induce the cellular release of glucagon-like-peptides and cholecystokinins and/or increasing glucose uptake in target tissues, wherein the whey protein hydrolysate regulates blood glucose levels or results in, or is used for, improving or preventing decline in mental performance and/or for providing a sustained feeling of energy and/or for maintaining or providing a feeling of well-being during the post-prandial period in a subject consuming the composition.

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